

Women & Wellness

Recipes from the Health Ambassador Program



Potato and Poblano Vegetable Stew *Rich in vitamins and fiber*

1 cup diced potatoes (keep the skin on the potato: lots of vitamins & fiber!)

1 cup chopped onion

1 cup chopped carrots

½ cup chopped celery

1 cup diced peppers (poblano or sweet peppers)

2 cups low sodium vegetable (or chicken) broth

1 tablespoon each fresh herbs: basil, parsley, oregano, thyme

1 cup chick peas or white beans, drained, rinsed

3 cloves garlic, minced

Salt and pepper to taste

2 tablespoons of lemon juice or lime juice

½ cup diced tomato

1 cup chopped zucchini or yellow squash

Optional: Grated parmesan cheese and a dash of hot sauce

Place all the ingredients from potatoes through vegetable broth in the slow cooker.

Stir and cook for 6 hours on high (check for doneness, may need more or less time).

Add lemon juice, zucchini and tomatoes and cook for an additional 30 minutes on high.

Garnish each bowl of stew with additional chopped herbs and optional cheese.